

USDA National Nutrient Database for Standard Reference Release 27

Statistics Report 09032, Apricots, dried, sulfured, uncooked

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ^{1 2}	g	30.89	--	0.293	30.6	31.19	1.0	27.172	34.614	2	Analytical or derived from analytical	--	05/2002
Energy	kcal	241	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Energy	kJ	1009	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Protein ¹	g	3.39	--	0.112	3.2	3.59	2.0	2.907	3.871	1	Analytical or derived from analytical	--	05/2002
Total lipid (fat) ¹	g	0.51	--	0.045	0.46	0.6	2.0	0.312	0.703	1	Analytical or derived from analytical	--	05/2002
Ash ¹	g	2.57	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
Carbohydrate, by difference	g	62.64	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Fiber, total dietary ^{1 2}	g	7.3	--	0.092	7.2	7.4	1.0	6.137	8.479	2	Analytical or derived from analytical	--	05/2002
Sugars, total ¹	g	53.44	--	2.302	49.11	56.97	2.0	43.531	63.341	1	Analytical or derived from analytical	--	05/2002

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Sucrose 1	g	7.89	--	0.385	7.14	8.41	2.0	6.229	9.543	1	Analytical or derived from analytical	--	05/2002
Glucose (dextrose) 1	g	33.08	--	1.868	29.78	36.24	2.0	25.042	41.112	1	Analytical or derived from analytical	--	05/2002
Fructose 1	g	12.47	--	0.215	12.2	12.9	2.0	11.549	13.397	1	Analytical or derived from analytical	--	05/2002
Lactose 1	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002
Maltose 1	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002
Galactose 1	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002
Starch 1	g	0.35	--	0.227	0.07	0.8	2.0	-0.627	1.326	1	Analytical or derived from analytical	--	05/2002
Minerals													
Calcium, Ca 1	mg	55	--	4.367	46	60	2.0	35.842	73.425	1	Analytical or derived from analytical	--	05/2002
Iron, Fe 1	mg	2.66	--	0.624	2.01	3.91	2.0	-0.021	5.348	1	Analytical or derived from analytical	--	05/2002
Magnesium, Mg 1	mg	32	--	3.602	25	36	2.0	16.802	47.798	1	Analytical or derived from analytical	--	05/2002

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Phosphorus, P 1	mg	71	--	8.003	55	82	2.0	36.467	105.333	1	Analytical or derived from analytical	--	05/2002
Potassium, K 1	mg	1162	--	61.451	1,046	1,255	2.0	897.465	1426.268	1	Analytical or derived from analytical	--	05/2002
Sodium, Na	mg	10	--	0.930	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Zinc, Zn 1	mg	0.39	--	0.045	0.31	0.47	2.0	0.195	0.581	1	Analytical or derived from analytical	--	05/2002
Copper, Cu 1	mg	0.343	--	0.055	0.23	0.4	2.0	0.105	0.581	1	Analytical or derived from analytical	--	05/2002
Manganese, Mn 1	mg	0.235	--	0.032	0.17	0.28	2.0	0.096	0.374	1	Analytical or derived from analytical	--	05/2002
Selenium, Se	µg	2.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Vitamins													
Vitamin C, total ascorbic acid 1	mg	1.0	--	0.226	0.7	1.4	2.0	-0.001	1.942	1	Analytical or derived from analytical	--	05/2002
Thiamin 1	mg	0.015	--	0.004	0.01	0.02	2.0	-0.002	0.032	1	Analytical or derived from analytical	--	05/2002
Riboflavin 1	mg	0.074	--	0.001	0.07	0.08	2.0	0.071	0.078	1	Analytical or derived from analytical	--	05/2002

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Niacin 1	mg	2.589	--	0.019	2.56	2.62	2.0	2.509	2.668	1	Analytical or derived from analytical	--	05/2002
Pantothenic acid 1	mg	0.516	--	--	0.52	0.52	1.0	--	--	1	Analytical or derived from analytical	--	05/2002
Vitamin B-6 1	mg	0.143	--	0.006	0.14	0.16	2.0	0.118	0.169	1	Analytical or derived from analytical	--	05/2002
Folate, total 1	μg	10	--	0.067	10	10	2.0	9.48	10.054	1	Analytical or derived from analytical	--	05/2002
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	10	--	0.067	10	10	2.0	9.48	10.054	1	Analytical or derived from analytical	--	04/2006
Folate, DFE	μg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Choline, total 1	mg	13.9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Betaine 1	mg	0.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE 1	μg	180	--	--	154	207	1.0	--	--	1	Analytical or derived from analytical	--	05/2002

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Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2002
Carotene, beta ¹	µg	2163	--	--	1,844	2,481	1.0	--	--	1	Analytical or derived from analytical	--	05/2002
Carotene, alpha ¹	µg	0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002
Cryptoxanthin, beta ¹	µg	0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002
Vitamin A, IU ¹	IU	3604	--	--	3,073	4,135	1.0	--	--	1	Analytical or derived from analytical	--	05/2002
Lycopene ¹	µg	0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002
Lutein + zeaxanthin ¹	µg	0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002
Vitamin E (alpha-tocopherol) ¹	mg	4.33	--	0.089	4.23	4.51	2.0	3.951	4.715	1	Analytical or derived from analytical	--	05/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta ¹	mg	0.05	--	0.000	0.05	0.05	--	--	--	1	Analytical or derived from analytical	--	05/2002
Tocopherol, gamma ¹	mg	0.08	--	0.007	0.07	0.09	2.0	0.048	0.105	1	Analytical or derived from analytical	--	05/2002

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Tocopherol, delta ¹	mg	0.01	--	0.000	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	05/2002
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) ^{1 3}	µg	3.1	--	0.250	2.8	3.3	1.0	-0.127	6.227	2	Analytical or derived from analytical	--	05/2002
Lipids													
Fatty acids, total saturated	g	0.017	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
4:0 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002
6:0 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002
8:0 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002
10:0 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002
12:0 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002
14:0 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002

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15:0 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002
16:0 1	g	0.017	--	0.000	0.02	0.02	--	--	--	1	Analytical or derived from analytical	--	05/2002
17:0 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002
18:0 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002
20:0 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002
22:0 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002
24:0 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002
Fatty acids, total monounsaturated	g	0.074	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
14:1 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002
16:1 undifferentiated 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002

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18:1 undifferentiated ¹	g	0.074	--	0.000	0.07	0.07	--	--	--	1	Analytical or derived from analytical	--	05/2002
20:1 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002
22:1 undifferentiated ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002
Fatty acids, total polyunsaturated	g	0.074	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:2 undifferentiated ¹	g	0.074	--	0.000	0.07	0.07	--	--	--	1	Analytical or derived from analytical	--	05/2002
18:3 undifferentiated ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002
18:4 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002
20:4 undifferentiated ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002
20:5 n-3 (EPA) ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002
22:5 n-3 (DPA) ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002

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22:6 n-3 (DHA) ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan ¹	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
Threonine ¹	g	0.073	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
Isoleucine ¹	g	0.063	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
Leucine ¹	g	0.105	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
Lysine ¹	g	0.083	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
Methionine ¹	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
Cystine ¹	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
Phenylalanine ¹	g	0.062	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002

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Tyrosine 1	g	0.039	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
Valine 1	g	0.078	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
Arginine 1	g	0.066	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
Histidine 1	g	0.047	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
Alanine 1	g	0.110	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
Aspartic acid 1	g	0.937	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
Glutamic acid 1	g	0.188	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
Glycine 1	g	0.070	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
Proline 1	g	0.821	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
Serine 1	g	0.087	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002

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Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2000
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2000
Flavonoids													
Isoflavones													
Daidzein ^{4 5 6}	mg	0.0	--	0.01	0	0.01	--	--	--	--	--	--	--
Genistein ^{4 5 6}	mg	0.0	--	0.01	0	0.02	--	--	--	--	--	--	--
Glycitein ⁶	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones ^{4 5 6}	mg	0.0	--	0.02	0	0.03	--	--	--	--	--	--	--
Biochanin A	mg	0.0	--	--	0.05	0.05	--	--	--	--	--	--	--
Formononetin	mg	0.0	--	--	0	0.01	--	--	--	--	--	--	--
Coumestrol	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 2c, 1999 Beltsville MD²J Marlett, N Vollendorf Dietary fiber content and composition of different forms of fruits, 1994 Food Chemistry 51 pp.39-44³S.L. Booth, J.A. Sadowski, J.A. T. Pennington Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study, 1995 Journal of Agricultural and Food Chemistry 43 6 pp.1574-1579⁴Horn-Ross, P. L., Barnes, S., Lee, M., Coward, L., Mandel, E., Koo, J., John, E. M., and Smith, M. Assessing phytoestrogen exposure in epidemiologic studies: development of a database (United States), 2000 Cancer Causes and Control 11 pp.289-298⁵Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. Daidzein and genistein content of fruits and nuts., 2000 J. Nutr. Biochem. 11 pp.326-331⁶Thompson, L. U., Boucher, B. A., Liu, Z., Cotterchio, M., and Kreiger, N. Phytoestrogen content of foods consumed in Canada, including isoflavones, lignans, and coumestan., 2006 Nutr. Cancer 54 pp.184-201